

Fall Schedule

Murray Park Center Aquatics

Tuesday

| Time | Leisure Pool | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Time |
|----------|---|------------------------|--------------------|--------------------|----------------|----------------|----------------|----------------|-----------------------|----------|
| 5:00 AM | Adult Only Time Water Walking/Jog 5-11 AM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | 5:00 AM |
| 5:30 AM | | 5-6 (7) AM | 5-6 (7) AM | 5-6 (7) AM | 5-6 (7) AM | 5-6 (7) AM | 5-6 (7) AM | 5-6 (7) AM | 5-6 (7) AM | 5:30 AM |
| 6:00 AM | | Murray High | Murray High | Murray High | Murray High | Murray High | Murray High | Murray High | Murray High | 6:00 AM |
| 6:30 AM | | 7-8:30 (A-Day) | 7-8:30 (A-Day) | 7-8:30 (A-Day) | 7-8:30 (A-Day) | 7-8:30 (A-Day) | 7-8:30 (A-Day) | 7-8:30 (A-Day) | 7-8:30 (A-Day) | 6:30 AM |
| 7:00 AM | | 6-7:45 (B-Day) | 6-7:45 (B-Day) | 6-7:45 (B-Day) | 6-7:45 (B-Day) | 6-7:45 (B-Day) | 6-7:45 (B-Day) | 6-7:45 (B-Day) | 6-7:45 (B-Day) | 7:00 AM |
| 7:30 AM | | | | | | | | | | 7:30 AM |
| 8:00 AM | | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | 8:00 AM |
| 8:30 AM | | 8:30 AM-3 PM | 8:30 AM-3 PM | 8:30 AM-3 PM | 8:30 AM-3 PM | 8:30 AM-3 PM | 8:30 AM-3 PM | 8:30 AM-3 PM | 8:30 AM-3 PM | 8:30 AM |
| 9:00 AM | | (A-Days) | (A-Days) | (A-Days) | (A-Days) | (A-Days) | (A-Days) | (A-Days) | (A-Days) | 9:00 AM |
| 9:30 AM | | | | | | | | | | 9:30 AM |
| 10:00 AM | 7:45 AM-3 PM | 7:45 AM-3 PM | 7:45 AM-3 PM | 7:45 AM-3 PM | 7:45 AM-3 PM | 7:45 AM-3 PM | 7:45 AM-3 PM | 7:45 AM-3 PM | 10:00 AM | |
| 10:30 AM | (B-Days) | (B-Days) | (B-Days) | (B-Days) | (B-Days) | (B-Days) | (B-Days) | (B-Days) | 10:30 AM | |
| 11:00 AM | Open Plunge 11 A-3:50 PM | | | | | | | | | 11:00 AM |
| 11:30 AM | | | | | | | | | | 11:30 AM |
| 12:00 PM | | | | | | | | | | 12:00 PM |
| 12:30 PM | | | | | | | | | | 12:30 PM |
| 1:00 PM | | | | | | | | | | 1:00 PM |
| 1:30 PM | | | | | | | | | | 1:30 PM |
| 2:00 PM | | | | | | | | | | 2:00 PM |
| 2:30 PM | | | | | | | | | | 2:30 PM |
| 3:00 PM | | Murray High | Murray High | Murray High | Murray High | Murray High | Murray High | Murray High | Murray High | 3:00 PM |
| 3:30 PM | | 3-4 PM | 3-4 PM | 3-4 PM | 3-4 PM | 3-4 PM | 3-4 PM | 3-4 PM | 3-4 PM | 3:30 PM |
| 4:00 PM | Swim Lessons 4-7 PM | Swim Lessons 4-7 PM | MAC Swim | MAC Swim | MAC Swim | MAC Swim | MAC Swim | MAC Swim | MAC Swim | 4:00 PM |
| 4:30 PM | | | 4-5:30 PM | 4-5:30 PM | 4-5:30 PM | 4-5:30 PM | 4-5:30 PM | 4-5:30 PM | 4-5:30 PM | 4:30 PM |
| 5:00 PM | | | | | | | | | | 5:00 PM |
| 5:30 PM | | | Lap Swim | Lap Swim | Lap Swim | Lap Swim | | | | 5:30 PM |
| 6:00 PM | | | Triathlon Training | Triathlon Training | 5:30-7 PM | 5:30-7 PM | | | | 6:00 PM |
| 6:30 PM | | | 6-7 PM | 6-7 PM | | | Aquafit-Deep | Aquafit-Deep | Aquafit-Deep | 6:30 PM |
| 7:00 PM | Open Plunge 7-9:45 PM | Lap Swim 7-9:45 PM | Youth | Youth | Youth | Youth | Youth | Youth | Lap Swim 7-9:45 PM | 7:00 PM |
| 7:30 PM | | | Water Polo | Water Polo | Water Polo | Water Polo | Water Polo | Water Polo | | 7:30 PM |
| 8:00 PM | | | 7-8:30 PM | 7-8:30 PM | 7-8:30 PM | 7-8:30 PM | 7-8:30 PM | 7-8:30 PM | | 8:00 PM |
| 8:30 PM | | | | | | | | | | 8:30 PM |
| 9:00 PM | | | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | | 9:00 PM |
| 9:30 PM | | | 8:30-9:45 PM | 8:30-9:45 PM | 8:30-9:45 PM | 8:30-9:45 PM | 8:30-9:45 PM | 8:30-9:45 PM | | 9:30 PM |
| 10:00 PM | | | | | | | | 10:00 PM | | |

Murray Park Center reserves the right to change the schedule at any time to better serve the needs of our community.

Lap Swimming at other than scheduled times is on a space available basis

Effective Date:

2/8/2010